



# WHAT IS WELLNESS?

Wellness is defined as “an active process of becoming aware of and making choices towards a more successful existence.”<sup>1</sup>

Because living a “successful existence” means something different to each individual, wellness can be many things, but it generally includes the pursuit of health, defined as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”<sup>2</sup> and working towards achieving one’s full potential.

## Your pathway to wellness can be:

- Good health
- Saving more money
- Healthy relationships
- Being good to yourself
- Showing gratitude
- Keeping good friends close
- Taking care of your community
- Eating one less cookie
- Looking for a new job
- Learning how to let go
- Walking instead of driving
- Playing with your pet
- A day at the spa
- Eating fresh fruit from your own garden
- Mastering a difficult yoga pose



## Did you know?

- Connecting with others can help you to enjoy the times when you are alone.
- Staying positive can improve your mood and your health.
- If you quit smoking now, in 20 minutes your heart rate drops, and in 12 hours the carbon monoxide (a gas that can be toxic) in your blood drops to normal.
- Exercising in “spurts” can be just as effective as continuous exercise.
- Helping others may help you experience less depression.
- Drinking beverages with caffeine should be stopped 6-8 hours before bed to ensure a more restful sleep.
- Creating joy and satisfaction can be easy with little things such as making a gourmet meal while listening to your favorite music, treating yourself to a massage, or even taking a few moments to admire nature.
- What you drink is just as important as what you eat.
- Spirituality can give you a sense of purpose and meaning.
- Writing down your problems can help shift your thinking about the issue and ultimately improve your mood.
- It is essential to choose a provider who understands the importance of the both of you working collaboratively regarding your health care.
- Stress management techniques are important because chronic (long-lasting) stress can change your brain and the way you function.

<sup>1</sup>The Six Dimensions of Wellness, National Wellness Institute, [http://www.nationalwellness.org/?page=Six\\_Dimensions](http://www.nationalwellness.org/?page=Six_Dimensions), 1976

<sup>2</sup>Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York, 19-22 June, 1946; signed on 22 July 1946 by the representatives of 61 States (Official Records of the World Health Organization, no. 2, p. 100) and entered into force on 7 April 1948.